



Tom Horne  
Superintendent  
of Public Instruction

Arizona Department of Education



Providing the latest dish on School Health and Nutrition News and Information

Volume 4, February 2007

### "Scoops"

is published by the Arizona  
Department of Education,  
School Health and Nutrition  
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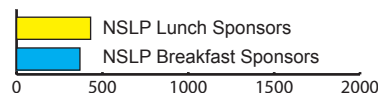
## A World of School Breakfasts

March 5-9<sup>th</sup>, 2007

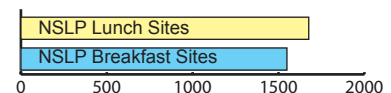
National School Breakfast Week (NSBW) is a great opportunity for schools to promote their breakfast program to students, teachers, administration and parents. It is also a good time for schools that don't serve breakfast to take a look at starting a program and get their staff and students interested in eating breakfast at school. Breakfast is often overlooked as a meal that helps students learn and concentrate during their morning class time. Test scores improve, behavior problems decrease and there are less trips to the nurses' office for stomach and headaches.

Breakfast participation has always lagged behind lunch participation. There could be a number of reasons for this, but it doesn't negate the fact that the most important meal of the day is often skipped by those who need it the most; students. The graph listed below displays the difference in school lunch and breakfast participation here in Arizona.

Comparison of Sponsor Participation of  
Breakfast vs Lunch Programs



Comparison of Site Participation of  
Breakfast vs Lunch Programs



It is evident that we have lots of room for growth when it comes to school breakfast participation in our state. Celebrating NSBW is a perfect way to advertise your breakfast program and encourage more student involvement.

This year the theme for School Breakfast Week is 'A World of School Breakfasts.' The School Nutrition Association (SNA) has developed a wealth of tools and materials to assist schools to take part in this important week. There is a tool kit, recipes and a menu that can be downloaded and merchandise that can be purchased on the SNA website ([www.schoolnutrition.org](http://www.schoolnutrition.org)). The theme is to help schools explore what other countries may have for their breakfast meals, which can vary quite a bit from what Americans have for their morning meal.

A typical breakfast in an American household or school usually consists of cereal, milk, toast or maybe even pancakes, eggs or waffles. However, in other countries around the world, breakfast could look much different. For instance, breakfast in Korea could consist of kimchi, a fermented cabbage dish. Or in Austria, it isn't unusual to have two breakfasts. The first breakfast is eaten early in the morning and a 'fork breakfast' or a much more substantial meal is consumed later on in the morning. In Central America, eggs are prevalent on the breakfast table. In the Yucatan peninsula items such as huevos motulenos which is a fresh tortilla covered with refried beans, fried eggs, ham, peas and cheese are typical breakfast fare. Recipes to make some of these international breakfast items like congee, which is found on tables in Beijing are available on SNAs website.

March is right around the corner, but it's not too late to plan an international breakfast menu to celebrate NSBW!

Circulate to:

☐ Principal

☐ School Nurse

☐ Health Teacher

☐ Kitchen Staff

☐ Business Manager

☐ Secretary/Bookkeeper

## IMPORTANT REMINDERS!

Claims must be submitted online by the 10th of each month.

If your school operates with a FOOD SERVICE MANAGEMENT COMPANY you will need to submit a contract amendment for the 07-08 school year before the end of your current contract year. Failure to submit a timely amendment may delay the approval of your application and receipt of federal reimbursement. More information available at: [www.ade.az.gov/health-safety/cnp/nslp/Operating/FSMCsteps.asp](http://www.ade.az.gov/health-safety/cnp/nslp/Operating/FSMCsteps.asp)

Finally, if your school operates with a CATERER then you must submit a new contract to our office before the end of your current contract year. Failure to submit a timely contract may delay the approval of your application and receipt of federal reimbursement. More information available at: [www.ade.az.gov/health-safety/cnp/nslp/Operating/obtainingcaterer.asp](http://www.ade.az.gov/health-safety/cnp/nslp/Operating/obtainingcaterer.asp)

## FROM THE FINANCE OFFICE

Below are the names and phone numbers of the Finance staff to assist you in contacting the appropriate person:

**Sherri Schwindt**  
Claims Processing  
(602) 364-2358

**Mila Makal**  
Annual Financial Reports,  
State Match, Audits  
(602) 542-8714

**Brian Walsh**  
FSMC and Caterer  
Contracts, RFPs  
(602) 542-6208

**Nicholas Dunford, SNS**  
Financial Services Director  
(602) 542-8724

# Mega Conference 2006 CRE, SMI & Desert Oasis Award Winners

This year's successful Mega Conference was held November 15-17, 2006 at the Wigwam Resort. The annual conference focused on Title I of No Child Left Behind. Arizona Superintendent of Public Instruction, Tom Horne, opened the conference and announced the winners of the Desert Oasis Awards as well as the outstanding CRE and SMI award winners.

1 Greatest Growth:  
Amado Community Food Bank, Inc

2 Perfectly Partnered:  
Washington Elementary School District

3 Magnificent Menus and Best All Around:  
Salt River Pima Maricopa Indian Community Schools

4 Outstanding SMI Award :  
San Simon Unified District

5 Outstanding Outreach:  
Kayenta Unified School District

6 Spectacular Staff:  
Mercy Services, Inc (Not shown)

7 Outstanding CRE Award:  
Fort Huachuca Accomodation District (Not shown)

Congratulations to the USDA Western Region Sunshine Award Winners:

Innovative Food Banks: Amado Community Food Bank

Improved Meal Quality and Creative Menu Ideas: Salt River Pima -Maricopa Indian Community

School District's Dedication: Alhambra Elementary School District

## Superintendent Challenge

The Superintendent Challenge brought in a lot of brilliant ideas and participation from many Arizona schools concerning wellness in their schools. The following eight Local Education Agencies will be awarded a \$5,000 competitive grant to enhance their Local Wellness Policy.

1. Tucson Unified District
2. Humboldt Unified District
3. Elfrida Elementary District
4. Chandler Unified District Florence
5. Crittenton Services of Arizona, Inc.
6. Cochise Private Industry Council
7. Colorado River Union High School District
8. Painted Desert Demonstration Projects, Inc.

Congratulations to all eight schools for having an outstanding wellness policy and enhancement plan! For more information on the Superintendent Challenge and Local Wellness Policies please visit [www.ade.az.gov/superintendentchallenge/](http://www.ade.az.gov/superintendentchallenge/)



## Training Evaluations Provide Positive Results

The evaluation data has been compiled from last year's A+ School Lunch Trainings with some very positive results. Over 90% of those attendees who responded found the trainings very useful and well worth their time in improving their knowledge of the program. Over 75% indicated they would begin utilizing the information acquired immediately. Additionally, we have been able to use their input to improve our presentations which include determining which handouts, visual aids and illustrations worked best to incorporate in future presentations.

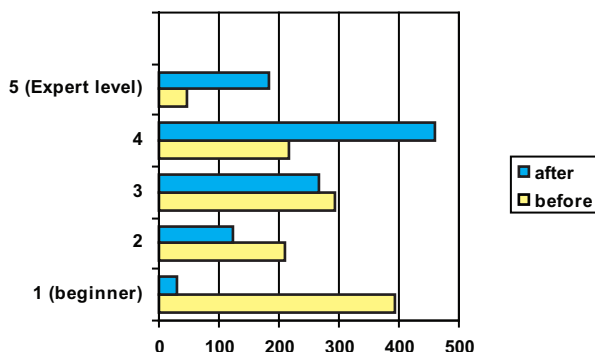
### Level of Knowledge Before & After

This chart provides us with the level of knowledge the responding attendees felt they had before and after the training.

In addition to the evaluations the School Health and Nutrition Specialist received many comments regarding the training which we have incorporated into this year's trainings. Some of these comments included:

- More time for questions
- More attendee participation
- Lower retention of information than desired

Some of the adjustments we have made included removing the module format and elimination of slide handouts. Changing the module format has allowed more time for questions. We hope to achieve more information retention by eliminating the handouts, which will increase both note taking and participation.



## 4th Annual Summer Food Kick Off Event at the Phoenix Zoo

The Arizona Department of Education is pleased to present the 4th Annual Summer Food Service Program kick off event at the Phoenix Zoo on March 21, 2007. We have lined up a terrific group of presenters to help you expand and enhance your program. Or if you have never before participated in the Summer Food Service Program, this is a wonderful opportunity for you to come and learn more about why this is such an important part of summer for so many hungry children in Arizona.

Jon Ashton, a celebrity chef from Florida will be demonstrating how to use commodities and fresh fruits and vegetables to serve up healthy nutritious meals during the summer. Jon loves working with kids and is committed to improving the eating lifestyle of young people in America. He has appeared on a variety of television shows including The Tonight Show with Jay Leno.

Other informative speakers include Dr. Tamara Zivic who will provide insight into Partnering Best Practices and Ginny Hildebrand, Chair of the DES Hunger Advisory Council will address hunger in Arizona and why the Summer Food Service Program is so important to our states children. We will also provide you with useful tools to increase participation and run a successful program.

Join us on Wednesday, March 21<sup>st</sup> from 9 AM to 2 PM for an energy filled day of summer food information and fun. Lunch will be provided. Please register on line at [www.ade.az.gov/online-registration](http://www.ade.az.gov/online-registration) under Summer Food.

Due to the popularity of this event and venue, we request no more than four members from each organization register.

## Commodity Update

In preparation for the 07/08 school year, remember the Planned Usage Survey and the Cheese and Remaining Items Processing Surveys are all currently available on the CNP2000 website. Please read the instructions for each survey completely and submit by the due date. All sponsors are highly encouraged to complete the Planned Usage Survey in order to better plan and control inventory and fully utilize commodity dollars. The Cheese and Remaining Items Processing Surveys are only required if you plan to process in the 07/08 school year. If you were not able to attend *Processing for Beginners*, and have remaining questions, or need basic information on processing, the workshop materials are available on the Food Distribution website: [www.ade.az.gov/health-safety/cnp/fdp/catalog.asp](http://www.ade.az.gov/health-safety/cnp/fdp/catalog.asp). Additionally, the new Processing Catalog is available on the CNP2000 website.

We have a few more Commodity Ordering Web-Based Trainings available over the next few months. Visit the ADE website to see current dates and to register. The class is for those that may need a refresher course, new food service directors, or any other staff person authorized to place orders. Please remember, attendees will be required to show a school identification card to prove employment at the school. Food Service Management Companies (FSMCs) are not authorized to attend the training as a student or a guest. Trucks are continuously coming in to the US Food Service warehouse so please be sure you are visiting the Allocation Inquiry screen in CNP2000 at least once a week to properly manage and move your inventory.

You may contact any member of the Food Distribution team with questions or concerns.

**Tina Herzog**  
FD Program Director  
(602) 542-8781



## Simplified Summer Food Program Makes it Easier to Feed Children

Now is the time to start making plans for the summer. Summer programs that operate in low-income areas or serve primarily low-income children can receive federal funds to provide meals through the new Simplified Summer Food Program. Other places where children congregate during the summer, such as parks, swimming pools, and low-income housing complexes, can also participate.

The Simplified Summer Food Program removes complicated accounting rules. This dramatically cuts paperwork and provides sponsors with the full federal reimbursement for each meal they serve.

Schools, local government agencies, and private non-profits can participate in the Simplified Summer Food Program.

To qualify, a site must either be located in a low-income area, (i.e., where 50 percent or more of the children in the area are eligible for free or reduced-price school meals), or serve primarily low-income children with at least half of the children enrolled in the program are eligible for free or reduced-price school meals.

Most sites can provide two meals a day. Camps and sites serving primarily migrant children can provide up to three meals a day, but they qualify under slightly different rules.

To participate in the Simplified Summer Food Program, contact Patricia Johnson or Traci Grgich at (602) 542-8700.

## IS YOUR SCHOOL READY FOR A CHALLENGE?

Due to the alarming number of obese and unhealthy school children in the United States, the Arizona Department of Education (ADE) has developed the Healthy AZ School Challenge to encourage Arizona schools to take a leadership role in educating students about making healthy choices and participating in an active lifestyle. The Healthy AZ School Challenge certification recognizes the outstanding effort and commitment made by a school to improve the health and well-being of its students. If your school has already made changes to the nutrition environment by improving the type and quality of the foods served as well as incorporated nutrition education and physical activity into the curriculum, then ADE encourages you to apply!

### Certification Requirements:

- Must offer reimbursable school lunches that demonstrate healthy menu planning
- Foods or beverages sold/served a la carte, in vending machines, school stores, snack bars, etc in the school must meet the Arizona Nutrition Standards
- Must have implemented a Local Wellness Policy
- Provide nutrition education for all grade levels in the school
- Provide opportunity for physical education to students in all grade levels, excluding kindergarten

ADE has developed an application packet with instructions further detailing the criteria that must be met. Once submitted, the school's application will be reviewed by an Education Program Specialist.

### Follow These Steps To Apply:

- Download the application packet and criteria with instructions
- Complete application and worksheets
- Submit the completed application and appropriate documents to ADE

Schools meeting the criteria will be recognized by receiving a banner and a certificate of achievement, the school's name will be posted on the ADE website and published annually in SCOOPS. This certification can also be used as a stepping stone toward achieving the USDA's Healthier US School Challenge. Now, is your school ready for a challenge?

For more information on the Healthy AZ School Challenge and to download the application visit: [www.ade.az.gov/health-safety/cnp/nsfp/whatsnew.asp](http://www.ade.az.gov/health-safety/cnp/nsfp/whatsnew.asp)

## Calendar of Events

Date	Health and Nutrition Services Trainings Professional Development Sessions	Location	Time
3/13/2007	Nutrition Education for Schools	Phoenix	9:00-5:00
3/29-3/30/2007	Serving it Safe	Phoenix	9:00-3:00
4/25/2007	How Children Learn	Phoenix	9:00-5:00
<b>National School Lunch Program Sessions</b>			
2/15/07	Commodity Ordering Web-Based Training	Phoenix	8:30-11:30
2/16/07	Commodity Ordering Web-Based Training	Phoenix	1:00-4:00
2/21/07	Commodity Ordering Web-Based Training	Flagstaff	1:00-4:00
2/21-22/07	A+ School Lunch	Flagstaff	8:00-5:00
3/7-8/07	A+ School Lunch	Phoenix	8:00-5:00
3/7/07	Commodity Ordering Web-Based Training	Phoenix	8:30-11:30
<b>Summer Food Service Program</b>			
3/21/07	4th Annual SFSP Outreach Day	Phoenix Zoo	9:00-2:00
3/22/07	Summer Food Service Program Training	Phoenix	9:00-4:00
3/23/07	Summer Food Commodity Ordering	Phoenix	8:30-11:30
3/27/07	Summer Food Service Program Training	Tucson	9:00-4:00
3/28/07	Summer Food Commodity Ordering	Tucson	8:30-11:30
4/3/07	Summer Food Service Program Training	Flagstaff	9:00-4:00
4/4/07	Summer Food Commodity Ordering	Flagstaff	8:30-11:30

Register on line for all ADE Training Workshops at: <http://www.ade.az.gov/online/registration>

**January**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			
30	31					

**April**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

**July**

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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

**October**

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	1	2	3	4	5	6
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

**February**

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11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

**May**

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27	28	29	30	31		

**August**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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**November**

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**March**

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**June**

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24	25	26	27	28	29	30

**September**

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23	24	25	26	27	28	29
30						

**December**

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23	24	25	26	27	28	29
30	31					



Arizona Department of Education  
Tom Home, Superintendent of Public Instruction

## Dates to highlight in the 2007 Summer Food Calendar

- January 10: Intercession Claim due
- January 22: Start the Renewal Application Process
- February 10: Intercession Claim due
- March 10: Intercession Claim due
- March 21: Summer Food Kick off event at the Phoenix Zoo
- March 22: Summer Food Training in Phoenix
- March 27: Summer Food Training in Tucson
- April 3: Summer Food Training in Flagstaff
- April 10: Intercession Claim due
- April 16: Deadline to request Commodities
- May 10: Intercession Claim due
- May 21: Send Public Release out
- May : Send notification to Health Department
- June 1: Deadline to apply for Summer Food Participation
- June 4: Remember to take inventory BEFORE starting program
- June 10: Claim due
- July 10: Claim due
- August 10: Claim Due
- September 7: Desert Oasis Award nominations due
- September 10: Claim Due
- October 10: Intercession Claim due
- November 10: Intercession Claim due
- December 10: Intercession Claim due

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